

## SUPPORT FOR CHILDREN, YOUNG PEOPLE AND FAMILIES in NORTH CORK 2023

**TUSLA** supports child and family services and FRC's in many parts of Cork City and County. Contact the service nearest to you to learn about the range of supports on offer to you and your child. The locations of these services include:

- **Le Cheile, Family Resource Centre, Mallow – 022 42439**
- **CDYS Family Support Workers – covering Fermoy, Mitchelstown, Mallow, Charleville and Duhallow areas – 022-21812**



If a child or family requires additional support the Prevention, Partnership and Family Support (PPFS) team in North Cork may be able to offer this support through “Meitheal”.

For parents information look online here:

[www.tusla.ie/uploads/content/Meitheal\\_Parents\\_Information\\_Leaflet.pdf](http://www.tusla.ie/uploads/content/Meitheal_Parents_Information_Leaflet.pdf) or call:

**Stephanie Heffernan, Senior Child and Family Support Network Coordinator on 087-4422095**

**TUSLA** also has a dedicated website to support parents called “Parenting 24Seven”.

Look online here: [www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven)



For further information on services in your area see the CYPSC website:

[www.cypsc.ie/your-county-cypsc/cork](http://www.cypsc.ie/your-county-cypsc/cork)

### **HELPLINE AND CRISIS SERVICES**

GARDA SIOCHANA: **999/112**

24/7 Freephone Sexual Violence Helpline: **1800-778888**

24/7 Freephone Domestic Violence Helpline: **1800-341900**

Mna Feasa (Domestic Violence Project, CORK):HELPLINE **021-4211757**

Men's Aid Ireland: **01-5543811**

**\*IF A CHILD IS IN IMMEDIATE DANGER CONTACT AN GARDA SIOCHANA on 999/112\***

### • **Tusla Education Support Service (TESS):**

Educational Welfare Officers (EWOs) of the Child and Family Agency work with young people and their families who are experiencing difficulty with school attendance and accessing an education. The role of an EWO is to work with parents, children/young people and schools to support attendance at school. You can ask to speak with an EWO for your area by contacting 021-2428611

• **Tusla Child Protection Services: If you are worried about the safety and/or welfare of any child contact Tusla's Child Protection Social Work service for North Cork on 022 54100**

### OTHER ORGANISATIONS THAT OFFER SUPPORTS FOR CHILDREN, YOUNG PEOPLE AND FAMILIES.

#### • **Parentline**

A free, national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent. [1890 927 277](tel:1890927277) Monday – Thurs 10am – 9.30pm & Fri 10am – 4.30pm. Sat and Sun 10am-2pm. Email [info@parentline.ie](mailto:info@parentline.ie)

• **Barnardos:** Parent Support Line 1800 910123 [www.barnardos.ie](http://www.barnardos.ie)

#### • **One Family:**

The service provides information on: social welfare, finances, family law, housing, education, childcare, parenting, and mediation. It also offers a listening service for people who need support parenting alone, co-parenting or separating.

Lo-call Helpline [1890 66 22 12](tel:1890662212) or [01 662 9212](tel:016629212) Monday – Friday 10am – 1pm & 2pm – 3.30pm (also by email - [info@onefamily.ie](mailto:info@onefamily.ie) or message privately via Facebook).

#### • **Treoir:**

Treoir is the National Specialist Information Service for unmarried parents and their children providing up-to-date information free of charge to parents who are not married to each other and to those involved with them.

A free, confidential, specialist Information service is available on Legal, Social Welfare and Parenting issues. See [www.treoir.ie/](http://www.treoir.ie/) or contact Helpline number: [01 6700 120](tel:016700120).

#### • **Jigsaw (JigsawOnline.ie)**

Providing free, relevant and accessible mental health support, education, advice and guidance to young people aged 12 to 25 years old, and/or their parents/concerned others.

Freephone [1800 544729](tel:1800544729) Mon to Fri, 1pm- 5pm

Text “call me” to 086 180 3880 with your preferred day and time for a call back. Mon to Fri, 9am to 5pm.

Email [help@jigsaw.ie](mailto:help@jigsaw.ie) anytime, clinicians will respond from Monday to Friday, 9am to 5pm

#### • **ISPCC**

ISPCC's Support Line provides a free, confidential listening service, offering non-judgemental support, information, advice to parents and carers. Call 01 522 4300 Mon to Fri 9am to 1pm or

Email: [parentingsupport@ispcc.ie](mailto:parentingsupport@ispcc.ie) or visit [www.ispcc.ie/parenting-hub](http://www.ispcc.ie/parenting-hub)

**CHILDLINE: Free phone: 1800 66 66 66 / FREETEXT 50101**